

Fall 11-24-2015

Lake Forest College Stentor, November 24, 2015

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Lake Forest College Stentor



Vol. 131, No. 3

Magna est veritas et praevalerebit

November 24, 2015

Reporting from Paris: Study Abroad Students Safe

CAMILLE LEMIEUX '17
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I was on my way with two Lake Forest students visiting from their study abroad program to meet a few others from the Paris program in the 10th arrondissement.

I decided we should transfer at the République station. As we approached the station, an announcement came on the train.

I couldn't understand the entire announcement, but I could hear that the next few stations were closed because of some kind of police activity.

That's when I received a text from a friend in the program warning me about shootings and an explosion in Paris.

I told my friends to get off at the next stop so that we could see what was going on.

When we rose out of the metro, the first thing we saw were the red and blue lights of several ambulances.

I called some of the students I was meeting near the République stop to make sure they were okay. The two friends I was with debated about getting a taxi back to my apartment.

We went back and forth about how to get home. Taxis could be safer, but we still didn't know anything about

where the attackers were headed or how many there were.

I decided on returning to the metro. Once we entered, a police officer greeted us and asked where we were going before letting us through.

At that point I wanted to get home as fast as possible.

While on the metro, we ran into some girls from another school who were studying abroad and who could not understand the announcements on the train.

I translated for them and explained what I knew about the attacks—which at that point, was not much. My two friends continued to chat with them while I contacted others in Paris to make sure they were okay and to figure out more about the situation.

People who know me well are often amused by how fast I normally walk. But that night I think I made it back to my apartment at record speed, my friends trailing behind me. We entered the apartment, and our phones began buzzing as the wifi kicked in.

Messages came pouring in from friends, family, and Lake Forest faculty. I think that's when it really hit us how huge the situation was. From 11pm to 3am, we stayed up on our



One of the students in the Paris study abroad program, Hailey Hart '17, captured this photo of Le Carillon, one of the two cafés which were attacked.

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Johnson Renovation Delayed due to Lack of Funds

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As first announced in an October email by Dean Orr, the Johnson Science Center renovation and expansion has been delayed until May of 2016, at which point the College will seek the approval of the Board of Trustees to begin construction.

"There's a certain level of gifts that we have to have in hand before we can actually begin the ground-breaking.

The decision was made to delay it by six months to give us more time to raise a little bit more money so that

we hit the targets we need to begin the project," said Michael Orr, Dean of Faculty.

Due to delays to the renovation and expansion project, students in the Lake Forest College community will have a few extra months to say their goodbyes to the Johnson Science Center as they know it.

The renovation delays will give the College the opportunity to come closer to reaching its fundraising goals for the project.

According to Krebs Provost and Dean Orr, the expansion and renovation of the Johnson Science Center is a project that the College has long anticipated.

"We currently have a majority

of science facilities in a 1960s-era building that is way out of date, which tremendously compromises our ability to teach 21st-century science."

As discussed in an online post on the College's website, the new Johnson Science Center will allow for greater teaching capacity and student-teacher research collaboration. As first announced in an October email by Dean Orr, the Johnson Science Center renovation and expansion has been delayed until May of 2016, at which point the College will seek the approval of the Board of Trustees to begin construction.

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Lake Forest College *Stentor*

Foresters Learn About the Terrorist Attacks in Paris via Social Media

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Not expecting to see anything out of the ordinary, I scrolled down my Facebook newsfeed on Friday, November 13, 2015. One headline caught my attention: “At least 60 dead, French Borders Closed After Series of Terror Attacks.”

My mind flashed back and forth as I realized that a few of my Lake Forest friends were studying abroad in Paris.

I frantically called my friend Katerina Roldan '17 to see how she was doing as soon as I heard

the news. It was 7 p.m. our time, 2 a.m. Paris time.

Roldan sounded uneasy as she recounted the night’s events. “I was on the Metro when we first heard there was an attack,” Roldan said. “We returned right back to the apartment, and all we could hear were sirens... I realized the seriousness of the situation when friends and family started messaging me asking about my security. At that point, I realized that this was a huge issue.

During the night, Roldan said all she wanted to do was return to the United States. “But this is

something that can happen in any city and country,” she said. “It was a night filled with fear, and sadness for those who have passed. It was definitely an experience that I will remember...clearly forever.”

As a Paris Program applicant myself, I was curious to learn how the terrorist attacks would affect the future of the program. Ashley Sinclair, director of off-campus programs, assured me that “the safety of our students is paramount,” she said. “If we felt that our students remained in any danger, in any location around the world, we would evacuate the program.”

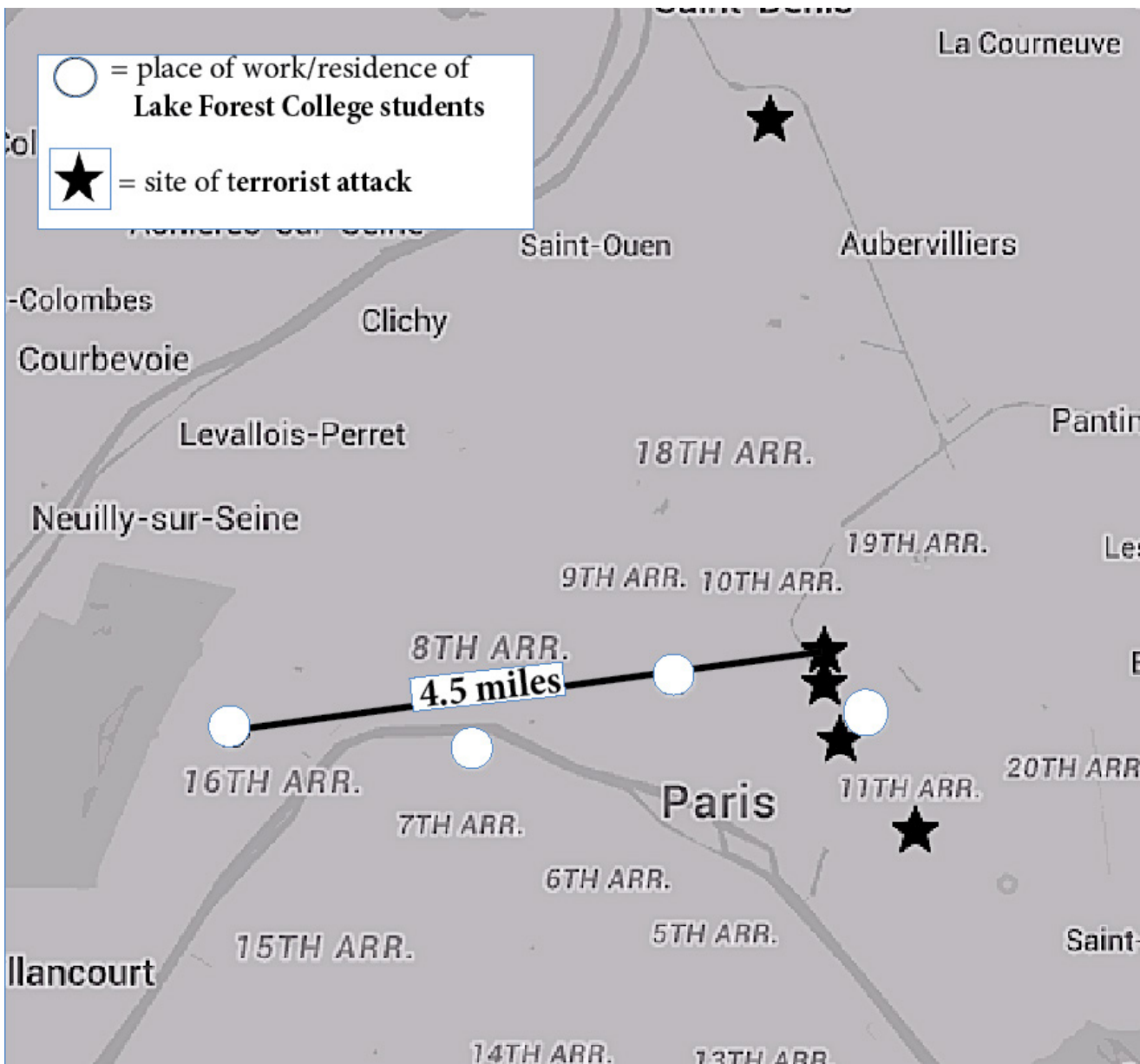
Based on information from security experts, the U.S. Embassy, and peer schools with students in Paris, Lake Forest did not cancel the 2015 Paris program, Sinclair said.

For those students who wish to leave Paris, the College has provided a pathway to leave the program early and still earn four college credits. “So far, nobody has taken us up on the offer, but there is no expiration,” Sinclair said. “Provided we have enough students for the 2016 cohort, we will continue to run the Paris program.”

All students studying abroad are required to register with the Smart Traveler Enrollment Program (step.state.gov) and participate in a workshop that teaches safety practices while abroad, Sinclair said.

The Stentor Staff hopes that the families of those who lost their lives in Paris, Beirut, Baghdad and throughout the world find peace and closure after these terrifying events. The Stentor chose to report on Paris due to the fact that Lake Forest College students are studying abroad in Paris.

Map created by Kalina Sawyer '18, Associate Editor



Johnson Renovation Delayed

Continued from page 2

According to Krebs Provost and Dean Orr, the expansion and renovation of the Johnson Science Center is a project that the College has long anticipated. “We currently have a majority of science facilities in a 1960s-era building that is way out of date, which tremendously compromises our ability to teach 21st-century science.”

As discussed in an online post on the College’s website, the new Johnson Science Center will allow for greater teaching capacity and student-teacher research collaboration.

Generally for renovation or expansion projects of this nature, funds can be borrowed by the College to begin the construction process, as in the case of the Moore Residence Hall construction.

However, given the College’s financial standing and its ability to raise money for the project, the Johnson Center renovations and expansion will be funded almost entirely through gift commitments. “We could have pursued additional debt,” said Dean Orr, “but we felt that it was imprudent to do so

and in the best interest of the College not to take on additional debt for this project.”

Despite delays to the physical construction of the new science center, the planning and designing of the project continues. “There’s a lot of intense work going on right now with the architects and the designers and the contractor, developing the plan and the phasing and the sequencing of the project,” said Dean Orr. “There was a whole set of work that was always going to be happening in tandem with the construction and that’s continuing [now].”

With slightly revised completion dates for the project, students can enjoy the quiet before construction begins. With approval from the Board of Trustees pushed to May of 2016, the completion of the expansion can be expected in the winter of 2017 and the renovation to be finished by approximately August 2017.

Reporting from Paris

Continued from front page

phones and computers, occasionally sharing a piece of news between us.

I had five tabs open of live news broadcastings, flipping between various articles and videos to get as much information as I could about the events that unfolded that night. I read articles two, three, sometimes four times, as if the words would change on the screen.

The only thing that changed was the death count. It's one thing to read about terrifying events. It's another thing entirely to experience, even just a rippling effect, of the aftermath of such an event. My heart does not often quicken when I read a news

report, but it does when I walk outside and wonder if the place I am going to will be safe.

I cannot begin to imagine the pain and suffering that people experience daily in countries such as Beirut, Baghdad, and Syria. It is sad that it has taken this event in Paris to wake people up to the reality and extremity of the situations in these other countries.

I do not have a nice way to pull this all together into a satisfying conclusion... sadly, it seems this sentiment might mimic the thoughts of many others across the globe.

Hey Foresters!

Course evaluations have gone digital.



LAKE FOREST
COLLEGE

A new system of online Course Evaluations is coming this semester. The online system will be open from November 23 until December 9.

Email prompts will alert you to the opening of the course evaluation surveys. You access them via your my.lakeforest page. Check your lakeforest.edu email for directions and deadlines.



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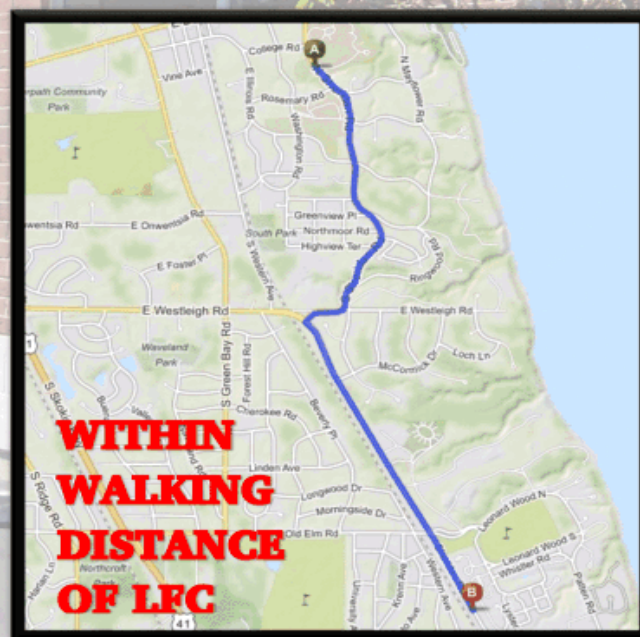
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Course Evaluations Go Digital

The College is inaugurating a new system of course evaluations this fall. After two faculty committees investigated current best practices in soliciting student feedback about teaching, the College developed a new form for our course evaluations; and, to take advantage of our students' fluency in the digital realm, chose a new online system to administer the evaluations.

The new form provides students with lots of room to offer narrative comments about their courses, but it also asks students to respond to a series of specific statements about how the course was structured and the performance of the instructor.

These statements ask students to agree or disagree with assertions such as, "The expectations for student performance in the course were clearly established" and "The instructor provided constructive feedback on student work." Student responses to such statements will provide guided feedback for each instructor. The main purpose of soliciting feedback is to assist faculty members in improving their teaching. All student responses will be completely anonymous.

Once the questions were finalized and the software chosen 30 faculty participated in a pilot of the system last Academic

Year. We had excellent response from the students who took part in the pilot, and faculty were generally pleased by the experience

We did learn a few things during the pilot—we worked out a few glitches and made some changes. From the student point of view, the major change to the form is that we shortened it, as we heard from students that the first version took too long to complete.

There are now three areas where students may write comments about the course and the instructor. Since we learn a great deal from such comments, we hope students will provide us with rich and constructive feedback.

To encourage students to complete the evaluations for all of their courses, students who complete their evaluations will be able to access their final grades sooner than those who do not.

Those students who do not complete their evaluations before the survey closes will have to wait until the end of the grading period to see their final grades.

Teaching at the College is evaluated through a variety of means: for example, by peer observation in the classroom, or by considering how a course is designed (looking at the syllabus, assignments, etc).

Student evaluations provide another tool we can use to evaluate teaching.

The instructor reads students evaluations so that she or he can consider student opinion when reflecting on previously-taught courses and preparing to teach courses in the future.

The evaluations are also read by those charged with reviewing the instructor, including the Dean of the Faculty and the chair of the department. The Promotion and Tenure Committee also examines course evaluations when tenure and promotion are considered.

The new online system will open this year on November 23 and will remain open until December 9. When the evaluation system opens, students will receive an email announcement

They will be able to access surveys for the courses in which they are enrolled through the my.courses page on my.lakeforest. The only login that they will need is their login for my.lakeforest.

Clicking through the link will take students to a secure server which houses the form and which will collect their responses. All responses are completely anonymous. Students will be able to complete the surveys on their smartphones or tablets, as well as computers.

This piece was contributed by Ann Roberts, Associate Dean of the Faculty.

\$700,000 Unexpected Budget Deficit

The College experiences a shortage of 40 students and smaller class of 2019

CAMILLE LEMIEUX '17
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On October 23, 2015, President Schutt sent out College Council minutes which noted a discussion on the impact of the first-year class size this fall on the College's budget.

"The number of students living on campus has grown over the past five years. This fall semester there are 34 more residential students than in 2011. Compared to last year, though, the College has experienced a slight dip," President Schutt said.

In recent years, the College experienced a steady rise in the size of the freshman class—that is, until the fall 2015 semester.

While the College was expecting around 400 students to enter into the Class of 2019, a shortage of around 40 students presented an unexpected budget deficit that amounted to \$700,000.

Thankfully, as the College Council minutes stated, this budget deficit was ultimately balanced through a previous budget surplus, money from smaller accounts, and a reserve for Aramark.

The shortage in freshmen is caused by several factors, however President Schutt points to competitive recruitment across the nation as the culprit for the shortage at not only Lake Forest College but other colleges as well. "In our case, more than anything else, we fell short in recruiting first-year students from suburban communities near Chicago," he said.

When asked how the budget deficit may affect current students, President Schutt said that because the budget is now balanced, current students should have nothing to worry about.

Interestingly enough, prospective students—especially those considering transferring to the College may find this news promising. "We could house approximately 100 more students if we filled all beds on campus. This would strengthen our campus community and also yield additional room revenue that would support the College's operating budget," President Schutt said.

Although there was a shortage in expected freshmen this year, this does not mean that those who did come to the College are simply numbers to fill quotas. When a college or university accepts incoming freshmen, they take a gamble on those students.

President Schutt pointed out that this year's freshman class is "terrific" and that he has "high hopes for all of them." In addition, applications for the Class of 2020 are accumulating quickly and should result in a promising future for enrollment at the College.

Students at Lake Forest Might Have an Eating Issue

CAITLIN BROWN '18
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At the end of each meal, students rush out of the dining hall, stopping to throw out leftover food and hurrying to whatever next commitment awaits. However, in recent weeks, some students have stopped to notice the excessive amount of food waste in the Cafeteria and have asked: “Does Lake Forest College have an eating issue?”

According to the Food Recovery Network, an organization aiming to reduce food waste across college campuses, approximately 22 million pounds of uneaten food is wasted annually by undergraduate schools, a shocking national statistic for a country that has nearly 17 percent of its inhabitants living in food-insecure households.

In recent years, Lake Forest College has been taking steps to reduce food waste on campus. According to Jason Micenko, director of food services at the College, food waste is an issue in the Cafeteria. However, this issue is generally student-generated. “Every day at lunch I look around at plates and I see people with tons of food and I see a lot of people not finishing it,” said Micenko.

Samuel Froiland '16 agrees with Aramark that student waste is to blame. “The garbage can is evidence of that,” Froiland said. “I know a couple years ago, LEAP had an event where they stood there when people threw away their waste, and it was a demonstration of how much food students waste.”

Most students have not witnessed what happens once the doors of the dining hall close after each meal.

Unused food from the stations within the Caf are sorted and returned to storage, where they are later reutilized.

“The only food that we really throw away at the end of the day is maybe a couple pieces of pizza, some French fries, or grilled cheese,” said Micenko. “If there’s rice, noodles, mac and cheese, chicken, pork, any proteins, we can utilize it for soups or some other station. So we do utilize most of our leftovers.”

To further reduce food waste, Aramark sorts and weighs all unused food that cannot be reutilized in order to better estimate the amount of food required for future meals. Food bins containing unused materials from each station

“If there’s rice, noodles, mac and cheese, chicken, pork, any proteins, we can utilize it for soups or some other station”

in the Cafeteria are gathered and their contents weighed to determine how much food is ultimately being wasted. These materials, which cannot be reutilized in other meals or at other food stations in the Cafeteria, amount to a few vegetable scraps from meal preparation, a handful of apple cores, and shreds of cheese. Some items, like the remaining few pieces of pizza or slices of grilled cheese cannot be reused at all.

While Aramark’s efforts to reduce food waste on campus have been beneficial, there is still more that could be done. Regardless of the cause of the issue, many members of the Lake Forest College community have agreed the education of students as to the issue of food waste is the greatest method for prevention.

“As far as long-term strate-

gies to mitigate waste on campus, I would think that students, when they come in to school, should have an environmental education introduction, in which they would talk about things like recycling (and) food waste, which are huge problems on campus,” said Froiland. “If you look at the Dumpsters, for example, a lot of students don’t realize that you can’t recycle pizza boxes if they have food waste on them. Building that kind of knowledge in the student body early on is really, I think, the long-term solution.”

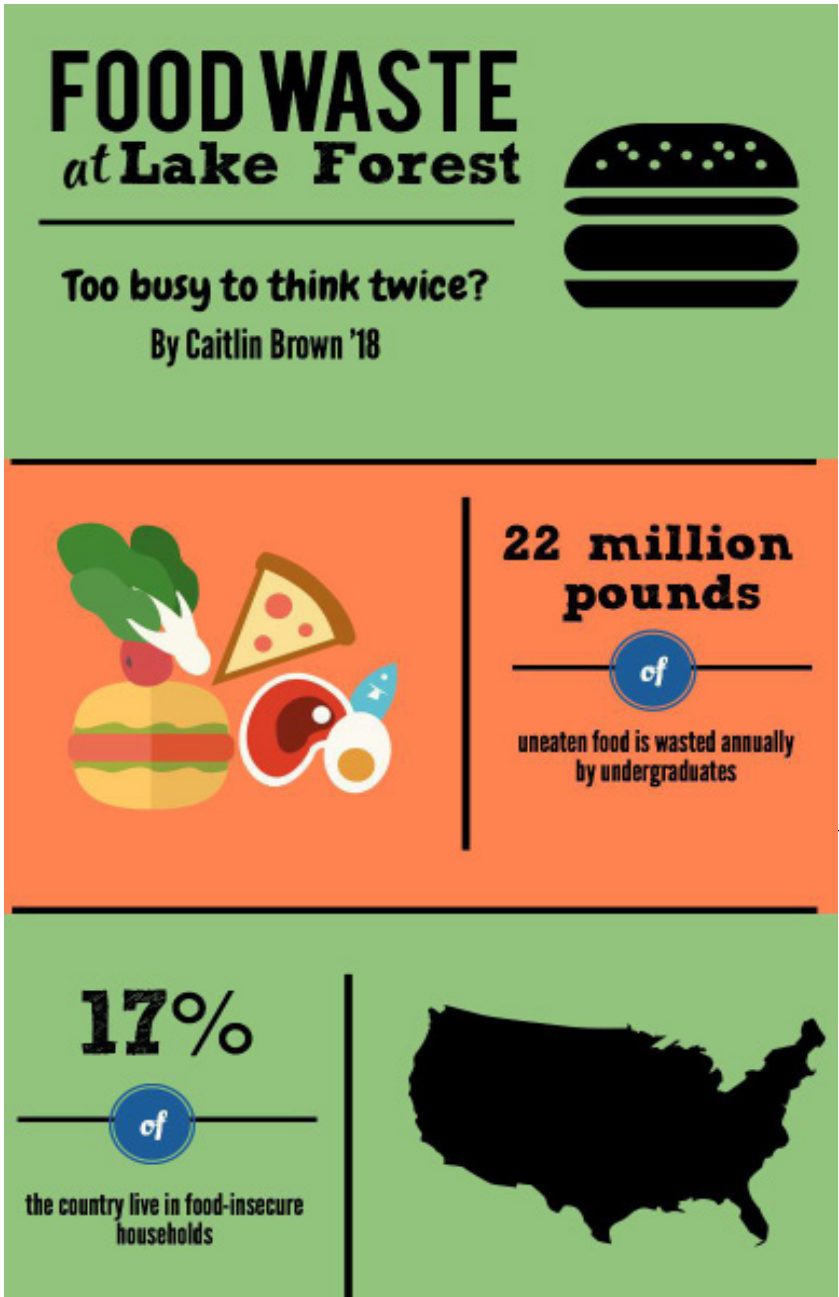
According to members of the environmental studies field, there are methods than can be used to educate students.

“I think there should be signage

that talks about the amount of food waste,” said Glenn Adelson, associate professor and chair of environmental studies. “I think that we should try to develop a culture where you don’t waste food.”

Grace Sullivan '17 agrees: “Signage helps a ton, and it doesn’t have to be anything more than ‘this is what your plate should look like,’” she said.

If excess food waste is an issue that is created on the consumer end, then it is also an issue that students can take part in reducing. Awareness and knowledge concerning this issue can help drastically with the prevention of food waste and will ultimately help in the limitation of future waste.



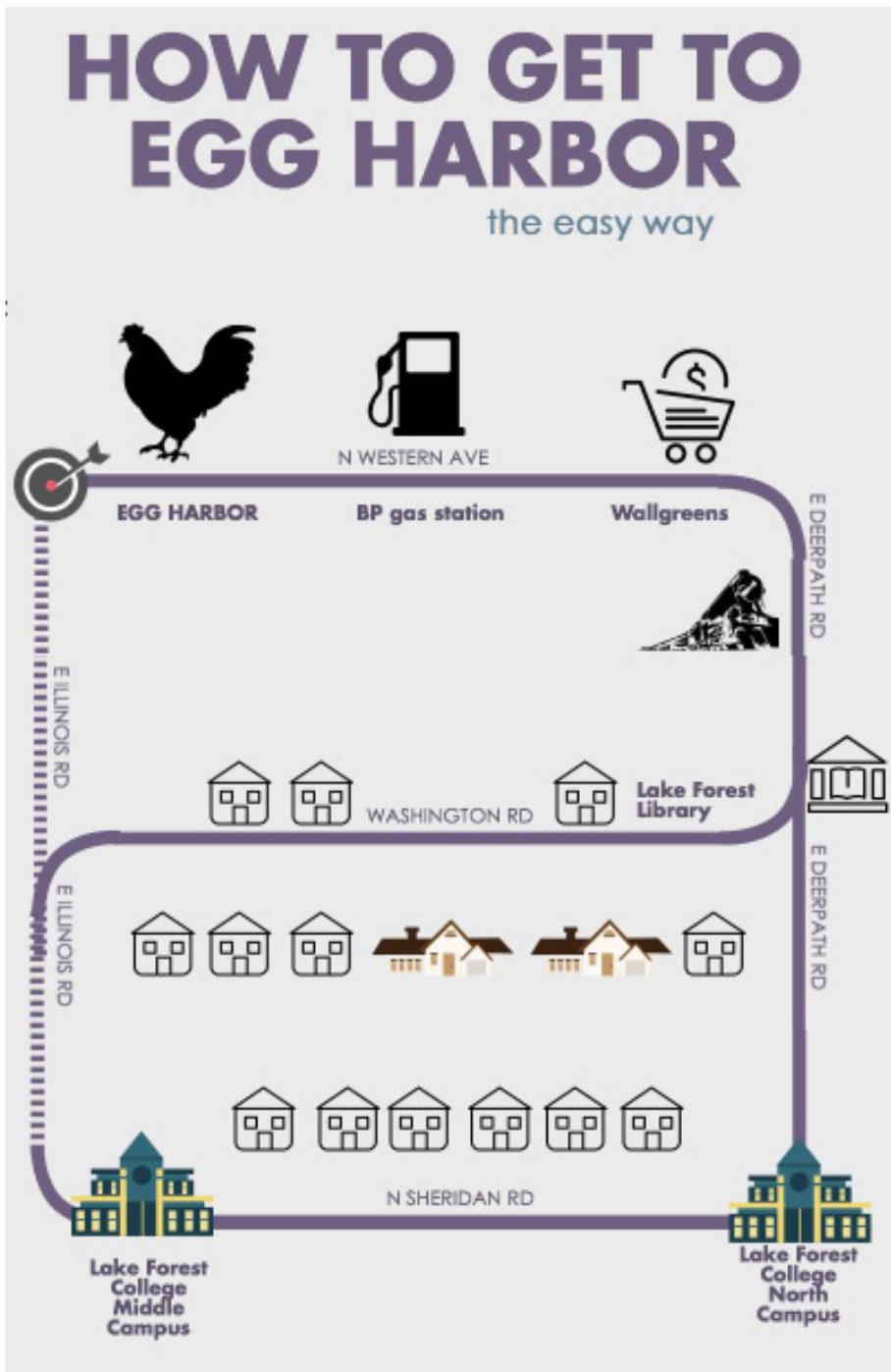
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Election Timeline:
Dec. 2: Candidate Debate in Mohr Student Center at 4:30p.m.
Dec. 3: Voting opens on my.involvement at 12:00a.m.
Dec. 5: Voting closes
Dec. 7: Results are announced
Dec. 8: Swearing-in ceremony

Who's Running?



Lake Forester Review: Egg Harbor

OLGA GUTAN '19

STAFF WRITER

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Twice a week, my classes start at 4 p.m. For the first few weeks, I used those days to sleep in. Soon enough, however, I realized that sleeping in makes me even less energetic and decided to cut that habit. What should I do with all that free time?

I started exploring the area surrounding Lake Forest College. I armed myself with a phone connected to the Internet (although you can easily survive without one!) and I started walking, trying to catch a glimpse of some new world.

I did a quick search and Google came up with Egg Harbor. I looked at the menu and my inner snobbish creature decided it was worth a try (Crêpes and avocado! I repeat: crêpes and avocado!). According to Tyler, who has been an Egg Harbor employee for the past four years, they have a menu for each season and weekend specials. Right now, their specialties are pumpkin-based foods.

As I entered, a cozy setting, the smell of coffee, and a smile greeted me. The service is very quick, and you can be sure to finish your meal in 30 minutes; however, you can, of course, choose to stay longer if you wish. They have frittatas, a huge variety of salads, eggs cooked in all the possible forms—after all, there should be a reason why it's called "Egg Harbor"—and all sort of drinks.

According to Tyler, 85 percent of the customers are regulars, and I can see why. To me, this place doesn't feel like a restaurant, it feels like home. Partly because of the coffee smell, partly because of how friendly their employees are, and of course, partly because of how delicious their food is.

"It's basically food you would find at home, but a bit more exquisite," said Tyler, as he took a couple of minutes from his busy day to answer my questions.

This is one of those rare places where the food is good, yet you don't feel like your stomach is going to explode after eating. I don't have a PhD in gastronomy, but I definitely recommend this place. It's enjoyable to go with a friend or by yourself. It's usually too noisy to be able to read there. But if you go with a friend, the volume of the room is just right to have an audible conversation.

Now when you have a bit of free time, your backpack or a friend who shares your same desire for food, take a nice 15-minute walk to Egg Harbor and enjoy some good food!

The music at Lake Forest College's cafeteria does NOT come from Aramark

BERNARDO FACIO '18
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You listen to Aramark's music while having breakfast, lunch, and dinner. Perhaps you are also listening to the same music while having a conversation with your friends. In case you have wondered where the music actually comes from, wonder no more. The Taylor Swift, Rock and Roll, and EDM playlists you hear in the Lake Forest College cafeteria do not come from Aramark.

Mood Media is a company, that around 80 years ago, became known for providing background music to public places, such as restaurants, elevators, and museums. Aramark, as a wholesaler, has had a contract with Mood Media for years.

The music that is designed by Mood Media to

be played at college cafeterias is specifically chosen to set the mood of its listeners. Therefore, the singers that you listen to at lunch have the purpose of engaging you into casual conversations, even if you weren't planning on it. The atmosphere that is created is also reinforced by the volume and speed of the musical selections. Have you ever noticed how music in the mornings is a bit louder?

The contract between the College's food supplier and Mood Media allows Aramark's office to receive records with predesigned playlists biweekly. These have to be played at specific times of the day. Jason Micenko, director of food services at the College, said Aramark not only receives these records but also is required to throw them away once they have been played.

Why? The records come in a specific format that

cannot be reproduced elsewhere. In fact, if you were to ask for one of these records, no laptop or music system could play them.

The Texas-based company has provided Aramark with a special sound system that supports their format while limiting its reproduction. Originally, this sound system was installed at what is now the Wood Lounge, but it was reinstalled at the Aramark office once the cafeteria renovation was completed.

Though the music is predesigned and targeted to "college students," similar music could be found on the radio, in the mall, or even at a restaurant. However, the chief difference relies on the fact that these playlists contain "seasonal music" Micenko said. Hence, you can discover who is on the week's top-40 list, while enjoying a pizza slice.

There has never been a time when you have eaten to the beats of "The Beatles" in the Caf, right?

The idea that music has been predesigned for you while eating is quite interesting. As it turns out, this music also sets your mood for some of your holidays, according to Micenko. It is not surprising that some songs in the upcoming weeks might ring with Christmas bells or New Year's rhetoric.

Seasonal music is strategically predesigned for college students so that they can talk to one another.



Seasonal Records. Image Credit: Pixabay

You do you...Is it true?

LUZ RODRIGUEZ '18
STAFF WRITER
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Listening to conversations and having conversations of my own, I noticed that many people use the phrase “you do you.”

I was curious to find out what people thought it meant and implied. In my opinion, and through my experiences, I had always heard the phrase used right after someone gave me their opinion. To me, it implied that others wanted to

share their opinion, but ultimately, the decisions that I made were my own. So I asked other Lake Forest College students what the phrase meant to them.

The phrase "you do you" means “take care and think about yourself first and don’t put [anyone] else’s needs before yours,” Anissa James ’18 said.

Charles Jones ’17 agreed with Anissa, saying that the phrase means, “that you are in control of your own life,” but “it also has a connotation that [the person who

is saying it will] also take care of [his or her] own life.” This means that the person who is giving you their opinion isn’t really concerned with what you do.

Both students agreed that the phrase depends on the context and the person, because sometimes it can be a way of avoiding giving an actual opinion, or a way to end a conversation.

Gabriela Reid ’19 said the phrase is used to push someone away when you really don’t care what the person has to say.

Clarissa Jimenez ’18 said that it means “you do whatever you want

continued on page 9

The Lake Forest College
STENTOR

*Magna est
veritas
& prevalebit.*

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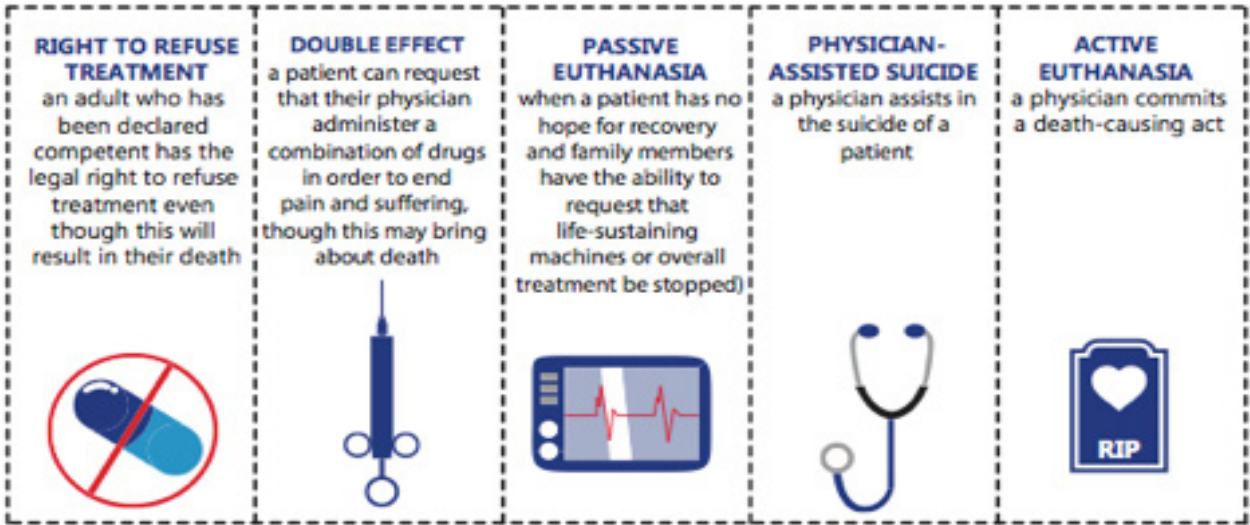
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LETTERS TO THE EDITOR

The *Stentor* editorial board welcomes letters to the editor and guest articles. The newspaper does not necessarily agree with or endorse the opinions presented in the letters. Letters will be published provided they are limited to 500 words and contain the author’s name and signature or electronic signature. Guest articles should be limited to 300 words. Names will sometimes be withheld from publication with good cause.

The staff reserves the right to withhold a submission or return it for more complete information, especially if it contains libel, obscenity, material disruption of the school or invasion of privacy. Letters will be edited for spelling and grammar and checked for verification. The deadline for submission will be one week before the publication date. Please submit letters to editor@lakeforest.edu.

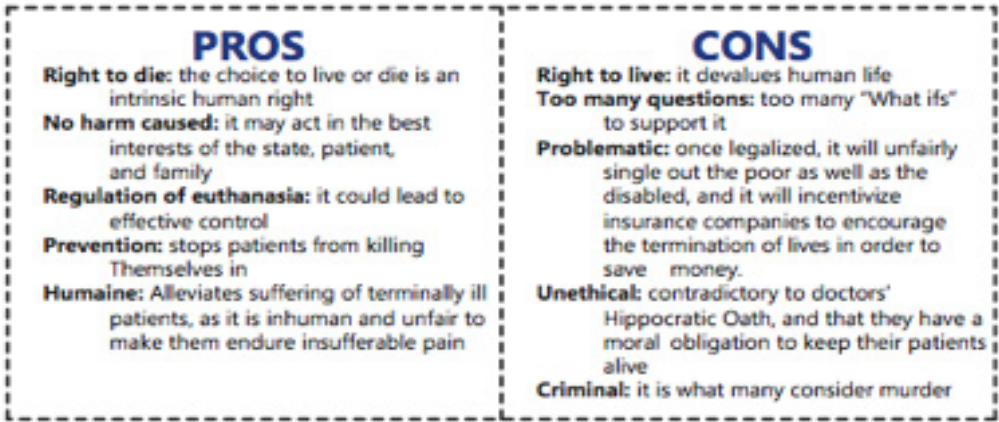
PROS AND CONS OF EUTHANASIA



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An Open Letter to Lake Forest College

Dear Lake Forest College,

I have spent the past four and a half years here growing as a person. Lake Forest has been a home away from home, and I am grateful for the experiences that I have had here that have helped me to become the person I am today. As my last semester is coming to an end, I have really had time to reflect on my time here. I met my best friend and some of the most amazing people while studying here.

Lake Forest College has also been the source of much stress and anxiety for me. In my four and a half years here, I still do not feel as if I truly belong to this community. As one bi-racial student put it, “I couldn’t call myself a Forester... I just happen to be a student at LFC, but I’m not a Forester.”

This captured exactly what I feel. I am a member of United Black Association and Black Women United, but outside of these communities, I do not feel as if this school belongs to me.

There have been many nights when I have laid in my bed talking to my mom telling her the stresses of my day and the ignorance and micro-aggressions that I must endure from my fellow classmates and sometimes even faculty. From being stared at in class, presumably because of my dark skin, to a professor exclaiming that they are “learning the same thing in the jungles of Africa,” I have endured it all.

Many times, I feel as if UBA and BWU are the only places where I can voice my opinion and it actually be heard and taken seriously.

a whole, not that much.”

As I spoke to more and more students of color, the consensus seemed to be that we are not a part of the Lake Forest College community.

“The students at large do not care about the black students besides our music and our clothing and to put us on posters and the school website,” said one black female student.

As a liberal arts college that prides itself on its diversity, there is a lot more that can be done to ensure that each and every student feels as if they belong to the College community. I regret not speaking up sooner about the problems that I have had here as a student, as the classes coming in behind me are going through these same problems.

There is no reason that black students should be yelled at from cars passing by. There is no reason that students should be criticized for the way they naturally look. There is no reason that students of color should be made so uncomfortable in a class by their fellow students, and sometimes the professors, because their racial background is not understood.

As a liberal arts college, there needs to be something done to ensure that we are all sensitive to the needs of the students, especially the students of color, if we are ever to move past racial stereotypes and discrimination.

This is my plea, as a senior soon leaving, that something is done to make students of color feel welcome at this institution.

Sincerely,

A fed up student, Autumn Jennings ’16

What are you going to do with that major?

ANGELENA DALPORTO ’18
STAFF WRITER
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*Slut shaming, body shaming,
and now major shaming*

We’ve all heard of “slut shaming,” where a woman is criticized based on her sexual activity, and “body shaming,” where some critique another’s physical appearance.

One thing that has recently caught my attention is “major shaming,” where you judge someone based on what degree they are working toward and criticize their plans for the future.

“What are you going to be able to do with that in life?” “How will you support yourself on that salary?” “There are no jobs in that field” are all comments I presume for this new category of criticism: “major shaming.”

I am 19 years old; I have not figured out my whole life yet. We live in a generation where there are countless options for us to choose from in terms of a degree. I have heard of the strangest combinations of majors and minors and other combinations that I have found to really complement one another—both perfectly acceptable—because, unlike previous generations, we don’t necessarily have to major in subjects that we dislike in order to find a stable career.

“I’m actually passionate about what I want to do,” said Tiffany Davis ’18, a psychology and international relations double-major with a neuroscience minor.

We are the generation that is versatile and gets to major in what we’re passionate about. We are the generation that will hold multiple jobs throughout our career path, making us more adaptable, creative, and well-rounded.

There is a reason why the courses and majors we have here at Lake Forest College are offered. They are not designed for us to fail; in fact, they are for us to find our niche in life and open us up to a world of possibility.

While I think it is fair to say that major-shaming does not happen too often on our campus, and the majority of Foresters have not experienced this, we must keep in mind, “that the thought process goes both ways: while you may not

understand someone’s choice of major, chances are they do not understand yours as well,” said Johnny Losurdo ’18.

You may not even realize you’re judging someone when they tell you their major, but your facial expressions and comments could be offensive. “You’re an English major? Oh.” Quit talking about the stereotypes of unemployed English majors, tortured artists, and questionable communications majors, because these are prominent fields.

It goes the other way, too. We’ve all heard about the strenuous course load for science majors and ask, “Why do you do this to yourself?” Simple: that is their decision, don’t disrespect it.

You could do everything “right” with a traditional major and still be searching for work or waiting to be accepted into a graduate program. College is supposed to be the time where you are finding yourself and discovering what you want to do for the rest of your life. It’s hard to find a job no matter what field of study you are in; the competition is fierce.

Instead of attacking someone for following their dreams or what they believe to be their calling, think twice and remember it would feel terrible if you were on the receiving end. “What do you plan to do with that?” is a completely fair question to ask if you are genuinely curious because you don’t know about the field of study, but do not ask this to make someone feel ashamed.

Do what makes you happy and what makes you feel accomplished.



Image Credit: Pixabay.com

Seriously, stop showering!

JACOB TRACY '18
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Image Credit: Pixabay.com

As babies, we took baths, but as we grew older, we turned to showering, and the bath became a luxury we could have when we wanted to waste some water and let that decision lay on our conscience for the evening.

At some point, people decided they needed to shower every day—two to three times a day in some cases—and ignored the fact that maybe they were just wasting a lot more water than necessary. But no one is concerned about this, because they may not understand the significance of wasting water.

For the most part, due to the way we have been conditioned by our ignorant society, we believe showering is a necessity to being healthy. Jeremy Levinson '18 said, “I like to shower before I sleep because it rids your body of the evil toxins.”

Parker Hill '19, who had a better outlook on the matter, said, “I shower every day, but I only use shampoo once every three days.”

Contrary to popular belief, showering is not good for you. Showering too much is awful for your skin and hair. If we think back to hundreds of years ago, they did not have the knowledge or opportunity to take showers or bathe other than at a nearby lake or river—if at all. Studies show that showering too much causes hair to weaken and, eventually and inevitably, leads to baldness.

Dermatologists say that the more you shampoo, the more you potentially remove oils needed to protect hair shafts and keep the scalp healthy and moisturized. In response to that, some may say, “Well, I shower every day, but I do not use shampoo and conditioner every day.” That is a good start, but it does not excuse the fact that your skin acts as a natural protector for your body against disease.

Everyone has a top layer of skin consisting of dead cells held together by fatty compounds that maintain moisture to protect the next layer of skin—the live skin. So “scrub a dub

dubbing” in the tub is breaking apart that layer and exposing the vulnerable layer that produces natural oils and disease-fighting bacteria that now fail to regenerate.

David Whitlock, an innovative chemist, has recently released a line of products from his company AOBiome which help to reestablish that top layer of disease-fighting bacteria permanently. In fact, he has not showered in 12 years and he still does not smell one bit using his formula called Mother Dirt.

Moral of the story is that one does not need to shower and one does need to drink water. Do humanity a favor and stop showering.

You do you

continued from page 7

because you aren't going to listen to what I am saying, and then when you [mess] up, don't come

running back to me [for advice].”

I received a few different answers, but overall what I got from my conversations with my fellow Foresters was that in college the term “you do you”

implies that we each are living our own lives, and even though we live together, the decisions we make are up to us.

So the next time someone is telling you to do you, make the

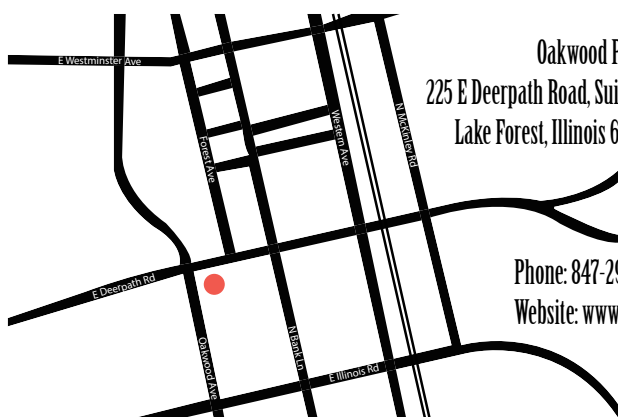
decisions you believe are best for you and don't let anyone else be in control of your life because, ultimately, it is your own!



Taper Cuts

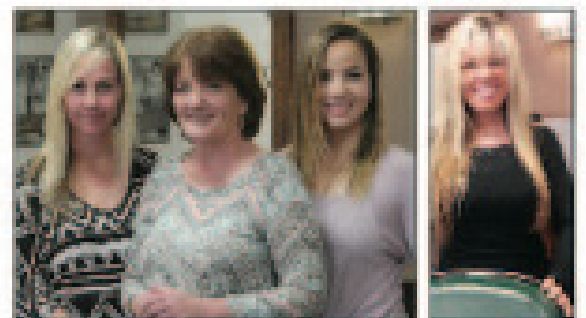
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Lake Forest College *Stentor*

And His Name Was Stan...

ANGELENA DALPORTO '18
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It can be hard to fulfill your food cravings while in Lake Forest. There are only so many affordable options in town and the cafeteria can get redundant. When you're in the city, here are your next must-hit food spots: Artopolis (306 S. Halsted St.), Greek Island (200 S. Halsted St.), and Stan's Donuts (various locations), not necessarily in that order.

If you're in the mood for a stylish and delicious café experience, head down Madison towards Halsted and take a left. You'll run in to Artopolis, where you can choose from yummy appetizers, sandwiches, and a wonderful selection of pastries and desserts.

It has a lovely relaxed Sunday afternoon, European feel to it. Whether you're there for a full meal (I highly recommend the baked goat cheese) or simply stopping in to satisfy your sweet tooth (try the cannoli!), this restaurant is a short 20-minute walk from Ogilvie Transportation Center, and has reasonable prices to fit a college-student budget. Simply perfect for an afternoon lunch!

If you are interested in a more traditional restaurant experience, check out Greek Island, which is located right by Artopolis in Greek Town. Decorated to transport you to Greece, this restaurant is filled with many scrumptious Greek delicacies, including saganaki, or "flaming



“ This cozy little shop is every baker’s dream, with the smell of something fresh coming out of the oven. ”



cheese,” where your waiter will actually set your food on fire in front of your table. You’ll realize you’ve never tasted anything better when you check out the grilled octopus (just trust me) and the homemade sausage. A great way to taste everything would be to go in a large group and order “tapas” style and split the meal...plus the check.

The final food destination I would like to encourage is Stan’s Donuts. Yes, Lake Forest may be getting a Dunkin’ Donuts in the very near future, though Dunkin’ can’t hold a candle to Stan’s. Although I cannot attest to how far this shop is located from the train station, there are multiple locations you can go to including: Wicker Park, East Lakeview, and Streeterville.

This cozy little shop is every baker’s dream, with the smell of something fresh coming out of the oven. There are countless options when choosing: ranging from the classics, like chocolate sprinkle and glazed, to their specialties —coconut, pistachio, and toffee cake (which is a must-try). There are even gluten-free choices.

You can also accompany your baked goods with coffee, tea, or espresso. The prices for a single donut range from \$1.80-3.30 each, which is 100 percent worth it and understandable for a

Continued on page 11

Movie Reviews

GRACE DOWLING '16
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Things are getting exciting for moviegoers as we get closer to Christmas, when the best movies are released for Oscar contention. Here are some of the best at the moment:

Room, an independent film stars Brie Larson, as a 24-year-old woman who was kidnapped at the age of 17. While in captivity, she had a son, and the pair knows nothing about the world but the room and what it contains. Once rescued, they have difficulty adapting to the large world around them, but they still have each other. Larson is the current frontrunner for the Oscar. Overall, it is a beautifully made film that captures the bond between mother and son, and even sheds light on the tough subject.

Overall, 3 1/2 stars.
Room ★ ★ ★ ★

Spectre, one of the most highly anticipated films of the year, shattered the box office and took the number one spot. In this film, Bond is forced

to confront his toughest enemy yet, as well as adapt to the changes at MI6. Although critics did not rate it as high as other Daniel Craig James Bond films, it is still highly exciting, with scenes that do not cease to entertain.

Overall, 3 stars.
Spectre ★ ★ ★

Steve Jobs, pulled after a poor showing in theaters, was originally anticipated to garner a larger crowd. This film dives into the issues surrounding Jobs’ life and some of his more relevant relationships. The film highlights Jobs as an egotistical mad man, with little compassion for others. The acting was splendid, with lead performances by Michael Fassbender, Kate Winslet, and Seth Rogen. However, the technical linguistics may be too much for the average person to understand.

Overall, 2 1/2 stars.
Steve Jobs ★ ★ ★

Music Review

CAMERON
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Electric Six is a Dance Punk/Hard Rock sextet from Detroit, currently composed of the artfully named front man Dick Valentine, guitarists Da Ve and Johnny Nashinal, keyboard virtuoso Tait Nucleus? (sic.), bassist Smorgasboard, and drummer Percussion World.

As their names may suggest, this is the sort of band that understands that the only way to be a bad band is to take yourself too seriously.

On October 2nd of this year, they released their eleventh full studio album, *Bitch, Don't Let Me Die!* (BDLMD), quite the accomplishment considering the release of Valentine’s third solo album, *Here Come The Bags*, as well as a rarities collection, *Memories*, both earlier in the same year.

The band is known for a Midwest blue-collar work ethic, churning out original beats and lyrics year after year since their first album in '03, combined with the larger-than-life persona put on by Valentine within

the lyrics. BDLMD is no exception with songs like *Drone Strikes*, *Electric Six*, and *A Variation of Elaine*, focusing on that familiar lyrical theme.

Musically, however, BDLMD feels like a step backwards from last year’s release, *Human Zoo*. *Human Zoo* felt, thematically, much deeper and more mature than BDLMD, and the sound felt more developed.

Nothing on *Human Zoo* could have been on a different album, musically; lyrically however, I would say the opposite. BDLMD has perhaps two songs that could, lyrics, music, and all, have very easily come off of 2011’s *Heartbeats and Brainwaves* or even 2008’s *Flashy*, and I would say that (speaking from a purely musical perspective) only about half of the tracks are clearly from this album.

However, the songs that do define this album are extremely well done. *Drone Strikes*, *Roulette!*, *Electric Six*, and *Two Dollar Two* are some of the best songs Electric Six have ever written, *Human Zoo* notwithstanding.

Two Dollar Two in
Continued on page 11

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And His Name Was Stan...

Continued from page 10

Nutella or Peanut Butter Pocket donut.

I had a great experience at Stan’s, everyone was extremely nice and happy, which makes sense because they were standing in front of a giant case of donuts, so who wouldn’t be happy?

Of course there are many other cool sites to see while in Chicago other than just the food spots, like the Chicago Cultural Center (78 E. Washington St., located across the



street from Millennium Park), the perfect spot to walk off all the food you just consumed.

This free-admission spot is a short distance from Ogilvie and absolutely beautiful to walk around. The architecture is almost better than the actual exhibits on display. Your neck will hurt by the end from constantly looking up at the ceilings, which are true art forms. You get to surround yourself with pieces of art created from all over the world and open yourself up to different cultures.

No matter what you do or where you eat, make sure to take advantage of Chicago while you’re here.

Getting Creative in the Caf

HANNAH GOMEZ ’18
ARTS & ENT. EDITOR
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For all the people out there who have gone into the caf with wide eyes and empty stomachs—and left with feelings of disappointment—this is for you.

Yogurt Parfait

- one sliced banana
- honey (right by the tea area)
- peanut butter
- chocolate chips
- granola
- peanuts

This one is nice and easy. First, put some yogurt at the bottom of your cup or bowl. Then, take some of your sliced banana, chocolate chips, peanut butter, granola, and honey and layer them on top of the yogurt. Continue to layer the yogurt and toppings until you fill the cup or bowl. The toppings are interchangeable, mix it up a bit!

Music Review

Continued from page 10

particular is the first song in a couple of albums to explore that blue-collar working-class theme that runs such an interesting parallel to Valentine’s usual lyrical persona.

All in all, Bitch, Don’t Let Me Die is an Electric Six album, less experimental than Human Zoo, but more of a departure from several recent albums.

The sameness feel of tracks 9 through 11 is made up for by just how good the stand-out tracks are. Fans and newcomers alike will enjoy this accessible album by Electric Six.



I rate Bitch, Don’t Let Me Die an 8.5/10.

I asked Ian Beals, a musician from my Southern Maine hometown, to have a listen to a few songs and tell me what he thought. Here’s what he had to say:

(On Roulette!) “I really like the intro, and the lyrics are tongue-in-cheek. It feels like it ends too soon though.” “Definitely a short-burst-of-energy sort of song.”

(On Electric Six) “Super funky song! I think the vocals are a bit too laid back for what the song is going for, but other than that, good stuff.”

(On Slow Motion Man) “This song reminds me of something off of a Rush album for some reason, and that’s certainly not a bad thing. I could imagine jamming to this while driving.”

Ian’s Rating: 8/10. “Really funky punk rock music that feels like it would be good to drive to.”

Cameron Chamberlain is the mind behind Clubbed to Death with Dr. Dandy, Midnight to 2 AM Tuesday Mornings on WMXM 88.9



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New Study Abroad Location: Hell

REBECCA HOWELL '17
CHIVE EDITOR
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Lake Forest College is pleased to announce its newest study abroad program: Hell!

Are you sick of the brutal Illinois winters? Do you want to meet new people of all ages, races, and backgrounds? Do you want to experience a totally new place and culture? Look no further than Hell!

That's right, where the Devil lives. The one with all the fire. Where evil people go to when they die. You don't have to wait that long – you can go next semester! Applications can be made through my.lakeforest.edu, and all rising junior and senior students are eligible to apply.

Lake Forest has incredible connections with Hell – it's only 30 miles below the ground! While in Hell, you must complete a 2- or 3-credit internship, in addition to taking classes at Underworld University (a member of the Associated Colleges of the Midwest). Internship options include opportunities to shadow demons, torturers, and FAFSA officials.

You will be assigned an advisor who will send you constant emails but never answer your questions; it is unlikely you will notice a difference between your

Hell advisor and your regular LFC advisor.

Hell also offers a variety of classes, ranging from "How to Avoid Damnation" to "Advanced Witchcraft." There are also frequent lectures from visiting angel professors, covering topics such as "God Is Serious About That One" and "The Pros and Cons of Harp Music." Don't miss this opportunity to broaden your horizons and fulfill those pesky GEC requirements.

Housing accommodations are exceptionally generous, as Satan is dedicated to your comfort. First and foremost, each student gets a single room, complete with a double bed of nails, as well as a private bath (note: the



shower rains fire). Each room is outfitted with a closet filled with Hell's uniform: ill-fitting jumpsuits made of eyelashes. Students are also provided with a desk (made of slime), a chair (made of lava), and a mirror (that always adds 10 pounds). There are 3 luxury residence halls in Hell, and you will be assigned to

the one most closely fitting your sinful past.

Aramark provides all food on campus; this is Hell, after all.

Lake Forest's Larry the Farmer

AUSTIN CURREN '17
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Larry is a senior at Lake Forest College and majors in Agriculture. He's been saving up for some land to farm in Wisconsin when he graduates. Last weekend, Larry was at a party and saw this super cool chick named Samantha. Larry is a straight guy who knows what he likes. He's gotten the same Ruben omelet ever since he was a freshman. However, he hasn't had much luck with ladies during his four years and he knows that he needs to wife someone up fast if he wants a partner to keep him company on his farm. Otherwise he'll be waking up at 6am everyday milking cow tits thinking, "Damn this is shitty, I really wish these were woman tits."

Larry knows that if he's alone on that farm squeezing cow tits everyday he'll eventually go crazy and get turned on by the cow tits. Larry is a man with respect, so he vows to himself he will never get to that point. When he had seen Samantha at that party he immediately said to himself, "E-I-E-I-O Bingo is her name-O, time to spit my farmer game." Larry introduced himself to Samantha and he found out she was at the party because she did not want to study for her Econ test on Monday.

Their conversation wasn't able to blossom because one of Samantha's friends dragged her away from Larry, and he didn't see her the rest of the night. Larry's lucky that he goes to Lake Forest College, because he ends

up running into her in the library the following Monday. When he spots her, he immediately stops typing his thesis on corn and approaches her with the animal intentions of planting a seed in her.

Larry: Hey Samantha! How did your Econ test go?

Samantha: Fine.

Larry: Well that's good.

Samantha: Yeah.

(Samantha and Larry go separate ways)

Larry's farmer game is nowhere to be found. Cow tits start haunting his dreams. Luckily he runs into Samantha a few days later in the library.

Larry: Did your professor hand back your Econ test?

Samantha: Uh. No not yet.

Larry: Alright, have a nice day cow tits.

(Larry has a classic Freudian slip and freezes so bad that he just walks away, fleeing from the scene.)

Larry feels awful the rest of the day. He's not only convinced that he messed up his chances with Samantha, but he knows he's doomed to milk cow tits the rest of his life. Psychologically, he starts preparing to have sex with a cow. The worst part about this situation is that Samantha has the largest rack in the school. After his epic mishap in the library, he miraculously hasn't run into Samantha for about two weeks. However, their paths meet again during Larry's Soup and Stories. While Larry is giving a talk about why he wants to be a farmer, he notices one of the students slurpin' on soup was

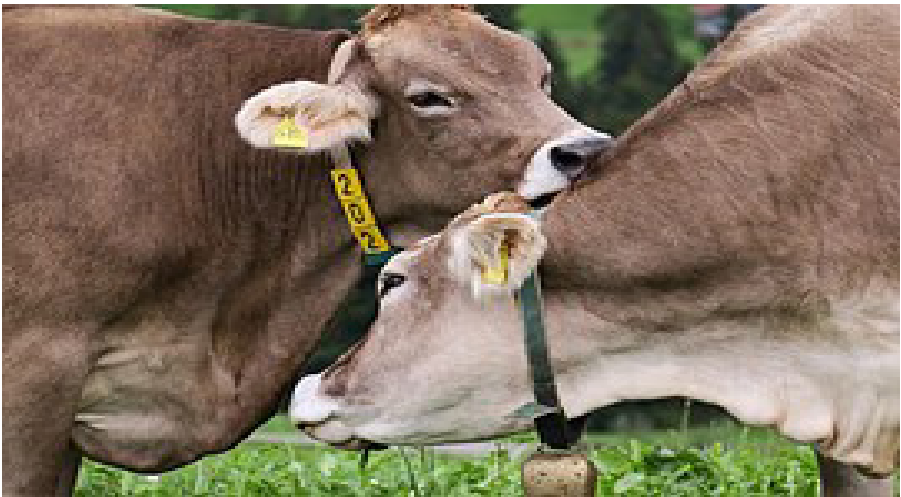
Samantha. He immediately shifts topics in his talk from corn to cow tits, and ends up making the biggest comeback in spitting game history.

Larry: No matter how much I love farming corn, I'm worried about being a lonely farmer. I can't kiss corn before I go to bed. Corn can't say I love you. I know I'm going to buy some land after college and be a farmer for the rest of my life, but I don't want the only action I'm getting on my farm to be from milking cow tits. (Looks directly at Samantha). I called you cow tits in the library a couple weeks ago because I was afraid of milking cow tits, not because you have cow tits. I know I probably ruined my chances with you, but I would hate myself if I didn't try to make things right between us. So what do you say? Will yuh give this ol' corn farmer another shot?

Samantha: Larry, I demand that you supply me with your seed. You calling me cow tits was a sunk cost, but you've just now shown me your elasticity and

willingness to change. With my Econ skills and your farm skills...I think we have no ceiling (throws soup on the floor, runs over to Larry and kisses him).

The moral of this story is "you never know." Larry could have just kept talking about corn and given up on wifing Samantha, but he made a HUGE power move by switching his topic to cow tits, leading to his realization that Samantha is just as weird and socially awkward as he is, if not more. You never know until you take a chance, people. And for those who took a chance and read this entire article, I say to you: "Cherish your partner or any romantic relationship you may have, because as ridiculous as this article is, there is probably some dude on this planet who's into cows and would much rather be getting freaky with a human."



Disclaimer: All stories in *The Chive* are works of fiction. People involved in the stories may not have knowledge of their involvement. This section is meant to serve as a humorous break from the daily grind.




**Do you feel overwhelmed?
Inadequate?
Stressed?
Tired?
Or anything at all?!**

**If not, did you blink while
you read this?**

Then procrastination may be for you!






Who, me!?

**Yes, you! Why, anyone
can procrastinate!
All you have to do is
believe!**


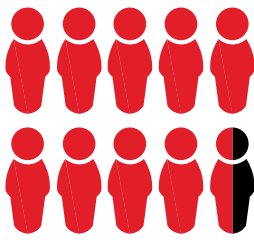
**Little Johnny here
has a 12-page
paper due tomorrow,
even he can do it!**




**Wait, I have
a paper due?**

**That's
the
spirit!**

**Did you know
that 95% of
students
are just as
lazy as you are?**






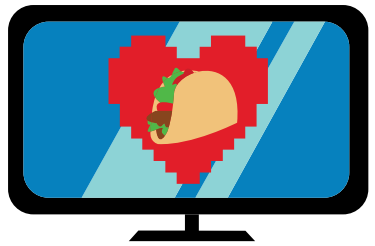
**Wow! That many people
can't possibly be wrong!**


**No they
can't!
Let's get
started!**

Step 1: Think of all of the things you **SHOULD** be doing. Store this in the back of your mind so you can always feel guilty for not doing it.




Step 2: Now, there's no way you can work on an empty stomach. And there's no harm in watching your favorite show while you eat!





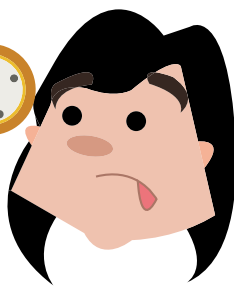

Step 3: After you have finished eating, make sure to finish the episode that you're watching. After all, why would you only watch half of an episode?

Step 4: Three more episodes won't hurt, right?



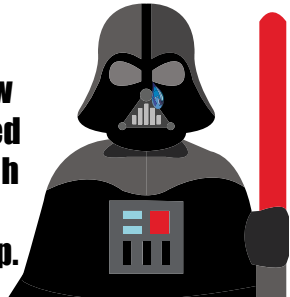
Step 5: Check all social media in existence. A busy schedule doesn't mean you can neglect your thriving social life.

Step 6: Think about that thing you needed to do, but don't start on it yet.



Step 7: Wow! All of this thinking is exhausting. Better take a break, you've totally earned it!

Step 8: Let the guilt about how much you've neglected your work flow through you. Softly cry to yourself while you nap.



Step 9: Console yourself with Youtube videos.



Step 10: Watch 2000 movie trailers and bookmark all of them

Step 11: You can still get a lot of work done before bed if you start **IMMEDIATELY**. But concentration is futile when your stomach is gurgling like this...



Step 12: Start to work, realize it's 4am. Reason with yourself that it doesn't make sense to start working this late. Wow! You're so logical! So you'll put it off until tomorrow.



Step 13: Attempt to recall what you were trying to do yesterday. Repeat steps 1-10



Infographic by Brandyn Ausich

Lake Forest College *Stentor*

Hockey off to a slippery start

MATTHEW DEMIRS '18
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Although the Lake Forest College Men's Hockey team has experienced a rocky start, the team and coaching staff are hopeful that they can establish an upwards trend as the season goes on.

"We are determined to have a strong second half and work toward our goal of taking home a national championship," said Head Coach Patrick Kelliher.

After the team's season came to an end in the National College Hockey Association Harris Cup quarterfinals last year, Kelliher believes his team will have to take a different approach to this year's tournament, which includes "a path of steady growth."

With only 18 returners and 15 first year players for the Foresters, it is safe to say that the team is fairly young.

Kelliher said, "With so many young guys we find ourselves doing more teaching than we have in the past." During extra day-time practice sessions, Assistant Coach Sean O'Malley works with many of the players to bring them up to speed.

"The best way for our guys to learn about the game is to go out there and experience it," said Coach Kelliher..

Coach Kelliher believes that seniors Ian Pichel '16, Robert Wiener '16, and Alec DeAngelo '16 can guide the team as role models as they have been involved in the Forester

the recipe for success is to "create an atmosphere where players are focusing and routinely working together to achieve success."

Top performers for the team this year are Jack Lewis '17, who has been a consistent offensive player, and Mark Esshaki '17, who Coach

American goalkeeper Leo Podolsky '16 also returns after his banner season this past year.

Additionally, Kelliher mentioned the duo of Billy Kent '18 and Shawn Nelson '18, who seem to effortlessly find each other on the ice and compliment their abilities to put the puck in the back of the net.

Kent, who currently leads the team in goal scoring, believes that consistency is one of the biggest challenges facing the Foresters right now.

"Everyone needs to develop a sense of discipline on the ice in order to play a full 60 minute game without losing the focus needed to become a winning team," said Kent. He believes this can be remedied through proper preparation before games.

Off the ice, Coach Kelliher expects his athletes to be good citizens, to perform well in the classroom, and to contribute to the community here at Lake Forest College. Since the Men's Hockey team has the highest GPA of a men's team at Lake Forest College, Kelliher hopes his student-athletes continue their success in the classroom as well as on the ice.



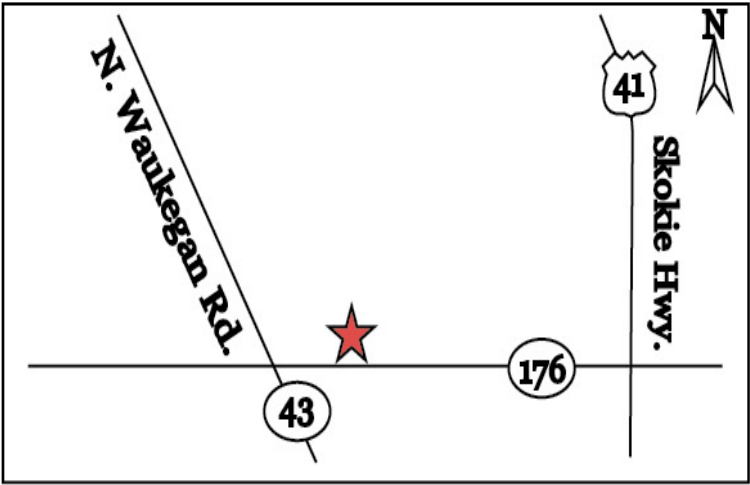
Pictured: Mark Essaki '17
Photo By: Matt Weidner '17

Men's Hockey program for the past four years.

Assistant Captain Wiener thinks

Kelliher believes can be one of the best defensive players in the conference if he stays healthy. All

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Lake Forest College *Stentor*

10 easy workouts to do in your dorm room

GRACE DOWLING '16
STAFF WRITER
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- 1) **Sit ups.** Obvious choice for an abdominal exercise that does not require equipment. Typically, shoot for 3 sets of 25+

2) **Jumping Jacks.** If you are looking for a cardio exercise in a limited space, here you go. Complete 50 and then take a 30 second break. Continue for 3-4 sets.

3) **Running in place.** If you want to mix things up, alternate between running in place and jumping jacks. Shoot for 1 minute all effort.

4) **Wall Squats.** A good strength exercise for the quads. Simply stand in a squatted position against the wall for a minute.

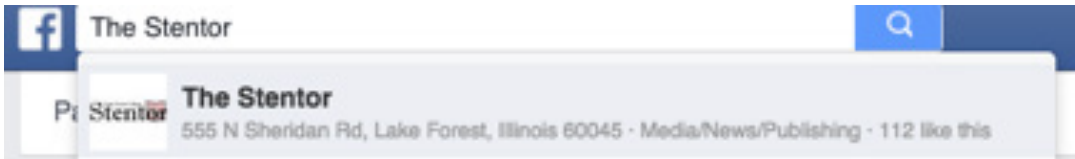
5) **Leg Lifts.** A great abdominal exercise. Lie on the floor and lift legs up and down without touching the floor. 3 sets of 20 is ideal.
- 6) **Push Ups.** Why not this classic exercise? Shoot for 4 sets of 20 reps.

7) **Planks.** Perfect exercise for working the whole body. Simply hold it for 30 seconds, then 45, and try to get up to a minute. You got this!

8) **Yoga.** Without getting too technical, simple poses such as downward and upward facing dog help elongate the body. Perfect when you wake up!

9) **Lunges.** Simply alternate between legs. 3 sets of 10.

10) **Burpees.** I know I know not fun for anyone. Shoot for 10 per minute for 3 sets.



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Lake Forest College *Stentor*

Forester men's and women's soccer finish strong

KYRA VIDAS '18
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This fall, both the men's and women's soccer teams have made their season special. Both teams played for the Midwest Conference Championship on "Senior Day," – a day in which the College traditionally honors and thanks senior players – which took place on Sunday, November 1st this year.

"I had a great time playing with my awesome teammates and fellow seniors. Also, it was great seeing my family in the stands supporting me on my last home game of my soccer career," reflected Themis Mourikes '16, member of the men's soccer team.

The women's team, on the other hand, defeated St. Norbert College 5 to 4 in an exciting championship game.

"It was really emotional to play with the four other seniors that I have played with for the last four years in such a big game, that no matter win or lose, it was going to be a meaningful last game no matter what," said Holly Lesperance '16, member of the women's soccer team.

That said, the women's soccer team was able to win their third Conference Title in the last four years.

After an incredible season by both men's and women's soccer, it will be sad to see the seniors go.

Senior members of the both the men and women's soccer teams shared their favorite memories of playing for the College with the *Stentor*.

Jeremiah Erzen's '16 favorite memory is his "sophomore year when we won the conference and the tournament, and went to the NCAA Tournament. The combination of winning both was really exciting and being able to do it here in front of our fans just made it even more special."

Michelle Greenaway '16 added, "I'd say [my favorite memory was] having the opportunity to compete in the conference tournament all four years. It is an incredible honor and the postseason atmosphere cannot

be beat."

Although the seniors are saying farewell to Farwell field, they leave a legacy in Forester Athletics that will be remembered on the field and off the field.

Captains of both teams left some advice for their teammates and fellow athletes. Captain of the men's soccer team, Evan Vogel '16, said, "My advice is that in order to be successful on the field, you must be able to balance school and soccer. Also, never get complacent with where you are, always strive to achieve more." Captain of the women's soccer team, Sam Hillis '16, shared: "Do not to be intimidated of upperclassman or those on the team. Just use them as a good form of competition to try to better yourself; you can use that as a learning tool."

The men and women's soccer teams both represent the idea of being a family. Win or lose, everyone supports each other. John Cappuccitti '18, who transferred from Loyola University in Chicago, came into the soccer program and had no problem fitting in. "Friendships were made that will last a lifetime. Our team keeps reminding each other that through thick and thin, we are a family no matter what. These seniors are a group to remember. They will be dearly missed due graduation," said Cappuccitti.



Pictured: Men's Soccer
Photo By : Josh Hanna

After an overall record for men's soccer of 12-6-0 as of November 1st, the men's team fell to St. Norbert College 3 to 2 for the Conference Championship.

Although the outcome of that game was not what the team wanted, the men's team still continued to play for the Midwest Conference Tournament in hopes of being able to take a spot in the NCAA Division III Tournament bracket. The men's team pulled through and defeated Knox College for a 2-1 victory. The team went on to play in the first round of the NCAA Tournament against Wheaton College, but unfortunately lost, ending their season. Although the team did not want the season to end, they competed to their best ability, had an experience they will never forget, and had another memorable season.



Pictured: Women's Soccer
Photo By : Matt Weidner '17

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